



SAFE ROUTES TO SCHOOL

Our Happy, Healthy Hearts

Lesson Plan

Grade Level:	K-2
Subject Areas:	Practical Living/Vocational Studies
Core Content:	PL-(EP,04,05)-1.2.01), PL-(EP,04,05)-2.2
Overview:	Students will become aware of their hearts and the effect exercise has on them.
Suggested Time:	1 class period
Materials Needed:	upbeat music
Vocabulary:	blood, heart, oxygen, pulse

Activities:

1. Discuss the benefits of a healthy heart (live longer, feel better, etc.).
2. Discuss the vocabulary words.
3. Discuss the following questions:
 - Where is your heart? In the center of your chest. Explain that it is a very important muscle and needs to be exercised to stay healthy.
 - How big is your heart? About as big as your fist. Have students make a fist and place it in the center of their chests.
 - Where can we feel our hearts beat? In the middle of our chest, on our neck, on our wrists. Teach students how to feel their pulse in one of these locations.
 - How can we exercise our heart? jumping, running, hopping, biking, etc.
 - What will happen to our hearts when we exercise? It will beat faster.
4. Have students feel their pulse as they are sitting at their desks. Next, have them get up and jump in place for 60 seconds and feel their pulse again. Discuss the differences they feel.
5. Play an upbeat song and have students play follow the leader for 5 minutes. Select a new leader every minute. Sample movements can be skipping, walking, hopping, etc. Have students then feel their pulse. This activity can be repeated daily- increasing the amount of time to 15-20 minutes of non-stop movement.



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Extensions:

- Invite a cardiologist or cardiac nurse to the classroom to talk about their profession and the importance of a healthy heart.
- Write a short story or draw pictures of a healthy heart.
- Ask a medical professional to come into the classroom and assist with this lesson. He or she may bring their medical equipment to listen to the students' hearts and teach them to listen to their pulse.

